

IMSA Wellness: Movement & Relaxation

Name _____

Date _____

1. Describe your experience with the following movements:

Mind-body Fitness	Experience
Yoga	
Pilates	
Qi Gong	
Tai Chi Chuan	
Other:	

2. What is your goal for the semester?

3. How will you assess your goal?

4. What would you like to walk away with (aside from your aforementioned goal) from this semester?

5. Recall a previous favorable physical activity experience. Briefly describe the experience. What made the experience most enjoyable? What made it memorable? Have you had similar replicated experiences?

6. How do you learn best? Explore both cognitive and kinesthetic learning methods.

7. Is there anything you would like the instructor to know? If so, please explain.

8. List any questions that you have.